

A close-up photograph of a bowl of yellow rice, likely turmeric rice, topped with a fried chicken drumstick and garnished with green onions. The image is slightly blurred and has a soft, warm tone, serving as a background for the text.

MEAL *Planner*

DAILY MEAL PLANNER

DATE: _____

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

SNACKS

NOTES

WEEKLY MEAL

WEEK :

DATE :

MONDAY

B

L

D

S

TUESDAY

B

L

D

S

WEDNESDAY

B

L

D

S

THURSDAY

B

L

D

S

FRIDAY

B

L

D

S

SATURDAY

B

L

D

S

SUNDAY

B

L

D

S

WATER IN TAKE



SHOPPING LIST



WEEKLY MEAL

Date: _____

	Breakfast	Snack	Lunch	Dinner
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

MEAL PLANNER

Week: _____

	MON	Things to Buy
AM		
NN		
PM		
	TUES	
AM		
NN		
PM		
	WED	
AM		
NN		
PM		
	THU	
AM		
NN		
PM		
	FRI	
AM		
NN		
PM		
	SAT	
AM		
NN		
PM		
	SUN	
AM		
NN		
PM		

MONTHLY MEAL

Date: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun

CALORIE JOURNAL

START DATE: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
WATER							
Total Calories:							

FAVOURITE FOODS

Breakfast

Lunch

Dinner

Snacks

RECIPE BREAKFAST

Name:

Prep Time:

Total Time:

Difficulty

Rating:



Ingredients:



Instructions:

RECIPE LUNCH

Name:

Prep Time:

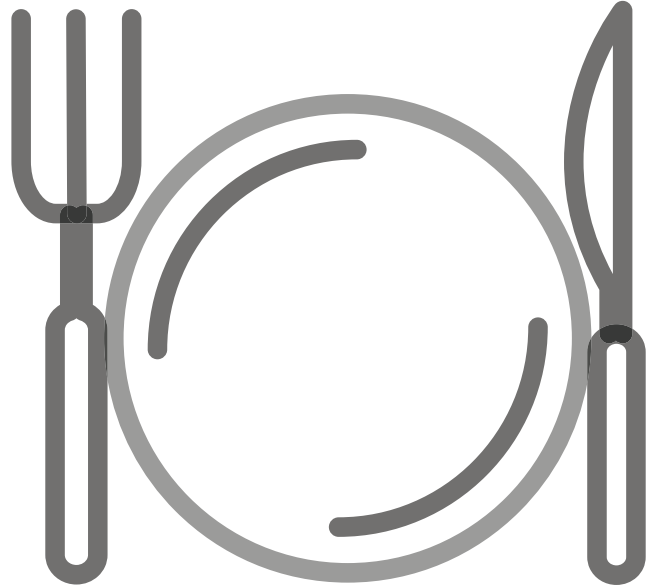
Total Time:

Difficulty

Rating:



Ingredients:



Instructions:

RECIPE DINNER

Name:

Prep Time:

Total Time:

Difficulty

Rating:



Ingredients:



Instructions:

HEALTHY RECIPE

Name:

Prep Time:

Cooking Time:

Servings:

Ingredients

Rating:



Instructions

RECIPE PLANNER

Category:

Prep Time:

Cook Time:

Total Time:

Servings:

Difficulty:

☐☐☐☐☐

Source:

Total Needed:

Prep Ahead:

Notes:

Name:

Ingredients:

Directions:

RECIPE PLANNER

Name:

Category:	Prep Time:
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Ingredients:

[illegible]

Notes:

Notes

RECIPE CARDS

RECIPE FOR:	PREP TIME:
DIRECTIONS:	INGREDIENTS:

RECIPE FOR:	PREP TIME:
DIRECTIONS:	INGREDIENTS:

RECIPES TO TRY

[illegible]

Other:

FAVOURITE RECIPES

Date:

[illegible]

INVENTORY TRACKER

Date: _____

GROCERIES LIST

MONTH:

WEEK:

[illegible][illegible][illegible][illegible][illegible][illegible]

GROCERIES LIST

Date: _____

[illegible]

FOOD LIST

DATE:

[illegible]

MEAL IDEAS

01.

02.

03.

04.

05.

06.

07.

08.

09.

10.

11.

12.

13.

14.

15.

Other:

SNACK IDEAS

01.

02.

03.

04.

05.

06.

07.

08.

09.

10.

11.

12.

13.

14.

15.

Other:

COOKING CHALLENGE

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

NOTES